

NOW THAT YOU ARE 18



Family Care Clinics

RURAL HEALTH CLINICS OF BATES COUNTY MEMORIAL HOSPITAL

TRUE OR FALSE? Now that you are 18, you are done with vaccines.

ANSWER: False. Flu shots are recommended throughout life. And there are immunizations required if you are going to college or traveling abroad.

TRUE OR FALSE? Now that you are 18, you are done with check-ups.

ANSWER: False. Even if you are in great health, you will need at least yearly check-ups. For many young people, medical care is about prevention. Getting the right preventive care can keep you healthy and teach you how to avoid illness and disease. If you have asthma, diabetes or other chronic health conditions, your primary care provider may want to see you more often than yearly.

We will provide a **New Patient Packet** to help orient you to Family Care Clinics. Included in the packet are the following handouts:

BENEFITS OF YOUR PATIENT CENTERED MEDICAL HOME

We want you to understand what you can expect from us and what we expect from you as a patient.

CHOOSING A PRIMARY CARE PROVIDER

You have the choice of continuing to see your current primary care provider, choosing another provider from Family Care Clinics, or transferring your care elsewhere. We would like to provide your adult medical care, but if you prefer to transfer your care elsewhere, let us know so we can make sure your next provider has your medical records.

HEALTH INSURANCE INFORMATION

You may continue to be covered by your parent's insurance. If not, see this handout for information on getting medical coverage. Medical bills from even a minor illness or accident can wreak havoc on your finances.

SERVICES AVAILABLE AT FAMILY CARE CLINICS

You will find a rundown of all the services we offer

SCHEDULING APPOINTMENTS

This covers all the dos and don'ts about making an appointment at Family Care Clinics

PATIENT PORTAL

Explains the patient portal and gives instructions on how to access your medical information online